The Conference and AGM is more than just a chance to learn more about Reflexology and make new friends. It is a chance to put your name into the ring to support the association and gain CE credits.

Don’t Get Left Behind……2019 Conference and AGM
From the Desk of the President

Now that the winter months are here, and Christmas Time is just ahead, it is a perfect time for self care that you can share with yourself and your friends and family. When it is cold and wet outside, we can be grateful for the warm embrace of loved ones, the safety of our homes, and the ability to place food on the table. We are all on this planet together and some of us are not as lucky as others to have these basic comforts, so why not take a moment to find a way to share your wealth with others, because the good you do for others is the good you do yourself.

You can also help your reflexology community by stepping up and being a member of the Board of Directors. I will not be seeking re-election as President or Membership Director, so I am confident that I can hand over the batons to one or two of you who have the inclination to start to shape the future of the RABC for the next 50 years. My time on the Board of Directors has been very rewarding in many ways and I wish the same or better for the next people to carry on.

With best wishes for a beautiful winter Christmas time and a very Happy New Year

See you at the AGM
Marie A. Luckhart
The Conference and AGM is more than just a chance to learn more about Reflexology and make new friends. It is a chance to put your name into the ring to support the association and gain CE credits.

This year, the two year term comes to an end for many of the Board positions. The Association needs your support and asks you to seriously consider either nominating yourself or another with their consent for one of the following positions:

**Current Board and Committee Chairs**
- President - Marie Luckhart
- Vice President - vacant
- Secretary - Irina Breazu
- Treasurer - Yvonne Viel
- Membership - Marie Luckhart
- Newsletter - Diane MacDonald
- Social Media - Claudia Ruel
- Member at Large - Chris Shirley
- Member at Large - Frances Birdsell
- Education Committee Chair - Chris Shirley
- Examination Committee Chair - Manuela Kundert
- Website Committee Chair - Suzanne Chilton

The President shall be elected by majority vote of the Members;
- a) the Chairperson of the Board shall be President.
- b) the term of office of the President is two (2) years. The President is eligible to be re-elected as President, but is not eligible to serve as President for more than nine (9) consecutive years.
- c) the President is the Chief Executive Officer of the society and must supervise the other officers in the execution of their duties.
- d) the duties of the President include but are not limited to:
  - i) presiding at all meetings of the Board and the Annual General Meeting;
  - ii) acting as a signing officer for the Association and signing documents on behalf of the Association as required;
  - iii) signing the minutes of each board meeting following approval of the minutes by the board; and
  - iv) acting in accordance with the requirements of his or her office in carrying out the duties and responsibilities of the board.
- e) the President shall have such authority and full power to manage and direct the day to day business and affairs of the Association, in addition to the performance of such duties as prescribed from time to time by the Board.

The Vice-President shall be elected by majority vote of the Board;
- a) the term of office of the Vice President is two (2) years. The Vice-President is eligible to be re-elected as Vice-President, but is not eligible to serve as Vice-President for more than nine (9) consecutive years.
- b) the Vice-president shall also be Co-chair of the Board unless otherwise determined by resolution of the Board.
The Secretary shall be elected by majority vote of the Members;
a) the term of office of the Secretary is two (2) years. The Secretary is eligible to be re-elected as Secretary, but is not eligible to serve as Secretary for more than nine (9) consecutive years.
b) the Secretary shall record minutes of Board meetings and ensure their accuracy and availability. Minutes to include;
   i) date, time and location of meeting;
   ii) list of those present and absent;
   iii) list of items discussed with some detail;
   iv) list of reports presented;
   v) text of motions presented and description of their disposition;
c) the Secretary shall sign a copy of the final approved minutes and ensure the approved copy is maintained in the corporate records;
d) the Secretary shall;
   i) administer and oversee the nomination and election procedure of the Board of Directors.
   ii) issue notices of meetings of the society and directors;
e) in the absence of the secretary from a meeting, the directors must appoint another person to act as secretary at the meeting.

The Treasurer shall be elected by majority vote of the Members;
a) the term of office of the Treasurer is two (2) years. The Treasurer is eligible to be re-elected as Treasurer, but is not eligible to serve as Treasurer for more than nine (9) consecutive years.
b) the Treasurer shall keep and maintain proper books and accounting records in respect of all financial records of the Association necessary to comply with the Societies Act of British Columbia.
c) duties of the Treasurer include;
   i) acting as a signing officer for the Association and signing of documents on behalf of the Association as required;
   ii) rendering financial statements to the directors, members and others when required.
d) in the case of an inability for the Treasurer to act in his/her capacity for any reason, all or any of the powers of the Officer shall be delegated to another Director for a time unless otherwise determined by resolution of the Board.
Don’t get left behind!
Celebrate with us!

2019 RABC
Conference and AGM
Harrison Hot Springs May 3 - 5

Highlights

**May 3rd - Evening Mixer**
Members, the appetizers are on us…. Say hello to old friends and new. Like minded individuals with a passion for Reflexology!

**May 4 - Education in the morning and afternoon**
Join Dr. Carol Samuel from the United Kingdom for 2 x 3 hour seminars on ‘Pain Management with Reflexology’. Learn techniques that can be integrated into your current practice!

Dr. Carol Samuel, PhD. FFHT, HMAR
winner FHT Excellence in Research Award 2014
winner AOR ‘FOOTSIE’ Award for Excellence in Research 2017
finalist 2018 Complementary Therapy Awards

**May 5 - Morning AGM and Education in the afternoon**
In the morning take part in the AGM. The perfect opportunity to learn more about our Association and to have a voice!

In the afternoon, join Cindy Silverlock of the Metamorphosis Center of Santa Rosa, California. Learn about Metamorphosis. A technique using reflex points on the feet to address tension that arrived during conception and infused in the spine during gestation.
Booking Information
Harrison Hot Springs is holding 34 Rooms for the RABC 50th AGM. These rooms are being provided at a discounted rate. Please see the description of the rooms and the rates below.

To book your room please call 1-800-663-2266
Press 1 for Room Reservations; Then 1 for Individual Reservations
Please identify RABC 50th AGM, arrival and departure date, room type, form of payment and special needs.

The special rate applies to a two night stay - May 3rd and 4th, 2019. Please note: Room rates below are quoted on a per night basis; however the discount only applies to the two night stay.

The cut off for the discounted room rate is January 31, 2019.

By January 31, 2019 you also need to have paid your AGM attendance fees and renewed your RABC membership.

Please contact Sabine Gelb if you wish to share a room. Sabine will be helping to connect people. **Tel:** 604-869-3261  
**Email:** sabinereflex@hotmail.com

Types of Guests Rooms and the # of each type on hold for the conference.

<table>
<thead>
<tr>
<th>Type of Guest Rooms</th>
<th>Fri 05/03</th>
<th>Sat 05/04</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cottage with 1 Queen Bed in Bedroom, private parking next to cottage</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>East Tower Deluxe King Lakeview Guest rooms, upgraded for your VIP’s (upgraded rate)</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>East Tower, newest building, mostly 2 Queen Beds per Room, all rooms have balconies</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>West Tower, closest to the hot mineral pools, mostly 2 Queen Beds per Room, limited rooms with 1 King Bed per Room, all rooms have balconies</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>West Wing, Standard rooms, mostly 2 Queen Beds per Room, very limited rooms with 1 King Bed, large windows, no balconies</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Heritage Building Family Rooms consisting: 1 bedroom with 1 Queen bed, second Bedroom with 2 Twin Beds, All sharing same Bathroom, all rooms have ceiling fans, no A/C or balconies</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Heritage Building, 1 Queen Bed per Room, some rooms have 1 Double Bed plus 1 Single Bed in same room, all rooms have ceiling fans, no A/C or balconies</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Total Rooms held</td>
<td>34</td>
<td>34</td>
</tr>
</tbody>
</table>

Please note our check in and check out times and advise your delegates accordingly
➢ Hotel check in time is after 4:00 pm on the day of arrival.
➢ Hotel check out time is 11:00 am
The resort’s 11:00 p.m. quiet time policy will be in effect; any excessive noise after that time may result in the management’s request to vacate the guest room or suite immediately. The group will be held responsible for any costs incurred due to other resort guests being disturbed by noise originating in the guest rooms or suites associated with the group after 11:00 p.m. In the event the fire regulation capacities are exceeded at any time, management may request that the suites be vacated immediately.
Type of Guest Rooms and the room rate per night

<table>
<thead>
<tr>
<th>Type of Guest Rooms</th>
<th>Single or Double Occupancy Rate/night</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cottage with 1 Queen Bed in Bedroom, private parking next to cottage</td>
<td>$189.00</td>
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</tr>
<tr>
<td>West Wing, Standard rooms, mostly 2 Queen Beds per Room, very limited rooms with 1 King Bed, large windows, no balconies</td>
<td>$169.00</td>
</tr>
<tr>
<td>Heritage Building Family Room consisting: 1 bedroom with 1 Queen bed, second Bedroom with 2 Twin Beds all sharing same Bathroom, all rooms have ceiling fans, no A/C or balconies</td>
<td>$179.00</td>
</tr>
<tr>
<td>Heritage Building, 1 Queen Bed per Room, some rooms have 1 Double Bed plus 1 Single Bed in same room, all rooms have ceiling fans, no A/C or balconies</td>
<td>$159.00</td>
</tr>
</tbody>
</table>

Nightly room rates are NET, NON-COMMISSIONABLE, quoted in Canadian Funds and are subject to 3% Municipal Room Tax (M.R.T.) 8% Hotel Room Tax and 5% Good and Services Tax (G.S.T.) (Taxes subject to change by government).

Triple occupancy add $20.00. Quad occupancy (Not available in Main Hotel) add $40.00.

Children 16 years or younger utilizing existing bedding are at no additional charge with parents as registered guests. Cots are available at $20.00 each plus G.S.T.

**Additional Information**

Regular Self-parking is currently $10.00 plus tax per car per night, Valet parking is $18.00 plus tax per car per night for registered guests. Non-registered guests will pay for the hourly parking rate that is in effect. Rates are subject to change.

Free WIFI in Guest rooms (Excluding cottages) and function space. No Resort Fee.

Provincial Smoking Regulations

In accordance with Provincial Law, smoking is not permitted at any locations adjacent to the resort buildings or doorways including guest room balconies and pool areas.
Metamorphosis Class

Do you Love Change, Simplicity & Touch?

Helpful for personal growth, family & relationship dynamics, pregnancy, animal care abuse & trauma recovery, addictions, grief, transition.

Metamorphosis addresses tension that arrived at conception and infused in your spine during gestation. This underlying unconscious tension is an invisible barrier that inhibits your ability to create, cope, function, and heal from the past.

Learn how unconscious tension is the source of negative personality traits and challenging issues, as well as, a gentle means to address it. We work on the spinal reflex points on the feet, hands, and head - the three ways we correspond with life; moving forward, doing/cop ing, and thinking.

This approach is non-verbal and deeply relaxing. You will find yourself functioning with more grace and ease in your life. Your relationships and your well-being improve as unconscious tension cases.

Cindy Silverlock studied with the founder of Metamorphosis. She has devoted the last 30 years to understanding Metamorphosis in her daily life. She knows this work in her bones and her teaching inspires!

Cindy has taught throughout the USA, in Canada, Finland, and New Zealand. She is the author of An Intro to Metamorphosis and Metamorphosis, Creating Consciousness Through Touch. Her books and DVD have sold world-wide.

Dean Silverlock is an Australian born certified Reflexologist. He studied Metamorphosis with Cindy in 1989 and assists with classes. His passion is helping men/husbands feel comfortable with this life changing work.

Harrison, BC
Friday May 3, 2019
Classes open to all, no experience needed. for USA, 6 ARCB CE’s

Time: 9am-5:00pm
Cost: $200 CAD
Location: Harrison Hot Springs Resort
100 Esplanade Ave, Harrison Hot Springs, BC V0M 1K0

Local Coordinator: Helga Petersen, info@hcprelexology.com

To Register: https://metamorphosiscenter.com/metamorphosis-order-form

Private Treatments: Thursday, May 2 - $100 CAD

For more information contact:
Cindy Silverlock - cdsilver11@gmail.com, 707-537-5911

Books, DVD, Practitioner Directory
www.MetamorphosisCenter.com
Continuing Education
Instructor from England
Post-AGM May 6, 7

PACIFIC INSTITUTE OF REFLEXOLOGY  3261 Heather Street, Vancouver
(604) 875-8818   Website:  www.pacificreflexology.com   Email:  chrisshirley@pacificreflexology.com

PAIN IN CANCER SURVIVORS with Dr. Carol Samuel Phd – visiting from England
Do not miss this opportunity to study with one of Europe’s most prominent reflexology educators. This
workshop will address pain as one of the late and long term consequences of cancer and its treatments
and will consider the pain associated with: chemotherapy induced peripheral neuropathy, radiation toxicity
induced pain, persistent post-surgical pain, pain as a consequence of hormonal therapy, and, how we can
support clients in pain using a combination of reflexology techniques. The ability of reflexology to manage
pain is one of its primary benefits. Expand your knowledge and expertise in this area. All supportive
materials and a Certificate of Attendance will be provided upon completion.
Enrolment is limited to twenty persons. Registration will be taken on a first come, first served basis.

Dates: Monday & Tuesday 6th & 7th May 2019   Course Fee: $450.00 + GST
These are different levels of Foot, Hand, Ear Reflexology courses that can be used for business or personal use. These courses are dependent on a minimum amount of students, so please register as soon as possible. I am constantly updating the dates and times of these courses being offered so keep checking back at this website for updates. You can also call me at or email me and I will keep you informed of new courses being offered.

I am also available during the week and on Saturdays on a one to one personal tutoring basis for students who are not available on these dates and times. If these course dates don’t fit in with your schedule I can tailor-make course dates and times that would fit into your schedule & availability.

For RABC Practitioners who are looking for credits to maintain their status, please contact me and I will be happy to setup a Foot, Hand or Ear Course that would work for your needs & availability.

Professional Advanced Reflexology Program - Foot Module Part One
20 Classroom Hours + 30 Hours Hands-On = 50 Hours Total
3 Saturdays - 9:30AM - 4:30PM
January 5, 12 & 19 - 2019
$395.00 (incl tax) - Cash, E-Transfer, Paypal or Cheque
$750.00 (incl tax) if both Foot Modules taken together
Course Materials & Foot Reflexology Instructional DVD Included
To register for this course please use the Paypal button below for a $50.00 deposit.

Professional Advanced Reflexology Program - Foot Module Part Two
20 Classroom Hours + 30 Hours Hands-On = 50 Hours Total
3 Saturdays - 9:30AM - 4:30PM
January 26 & February 2, 9 - 2019
$395.00 (incl tax) - Cash, E-Transfer, Paypal or Cheque
$750.00 (incl tax) if both Foot Modules taken together
Course Materials & Foot Reflexology Instructional DVD Included
To register for this course please use the Paypal button below for a $50.00 deposit.

Professional Advanced Reflexology Program - Hand & Ear Module
30 Classroom Hours + 40 Hours Hands-On = 70 Hours Total
4 Saturdays - 9:30AM - 4:30PM
February 16, 23 & March 2, 9 - 2019
$495.00 (incl tax) - Cash, E-Transfer, Paypal or Cheque
Course Materials & Hand Reflexology Instructional DVD Included
To register for this course please use the Paypal button below for a $50.00 deposit.
Continuing Education

Reflexology Institute

2019 Class Schedule

FOOT REFLEXOLOGY DIPLOMA COURSE
January 18 - 20, 2019, part 1
February 8 - 11, part 2, each day from 9 am - 6 pm

Foot Reflexology & ESSENTIAL OILS WORKSHOP
March 15, 10 am - 6 pm

More ADVANCED REFLEXOLOGY WORKSHOPS
will be offered online

Foot Reflexology & METAMORPHOSIS
May 3, 9 am - 5 pm

FATHER JOSEF TECHNIQUE
More to learn in Foot Reflexology
September 14 - 16, each day 9 am - 5 pm

NERVE REFLEXOLOGY with NICO PAULY
Coming soon

TOUCH FOR HEALTH 1 COURSE
February 24 & March 3, both days 9 am - 5 pm

TOUCH FOR HEALTH METAPHORS
March 16 - 17, 9 am - 5 pm

EPIGENETIC HEALING CYCLES
Your DNA is not your destiny
Coming soon

Phone: 604-825-4645  Email: info@hcpreflexology.com  www.hcpreflexology.com
Continuing Education

PACIFIC INSTITUTE OF REFLEXOLOGY 3261 Heather Street, Vancouver

(604) 875-8818  Website: www.pacificreflexology.com  Email: chrisshirley@pacificreflexology.com

Ask about our: Clinical Foot Reflexology Diploma Program, and, discounts for multiple Basic Courses.

PAIN IN CANCER SURVIVORS with Dr. Carol Samuel Phd – visiting from England

Do not miss this opportunity to study with one of Europe’s most prominent reflexology educators. This workshop will address pain as one of the late and long term consequences of cancer and its treatments and will consider the pain associated with: chemotherapy induced peripheral neuropathy, radiation toxicity induced pain, persistent post-surgical pain, pain as a consequence of hormonal therapy, and, how we can support clients in pain using a combination of reflexology techniques. The ability of reflexology to manage pain is one of its primary benefits. Expand your knowledge and expertise in this area. All supportive materials and a Certificate of Attendance will be provided upon completion. Enrolment is limited to twenty persons. Registration will be taken on a first come, first served basis.

Dates: Monday & Tuesday 6th & 7th May 2019  Course Fee: $450.00 + GST

Basic Holistic Foot Reflexology Certificate Weekend Courses

This 70 hour course prepares you to practice foot reflexology competently using the western traditional thumb walking techniques. When combined with the Advanced Reflexology: Professional Skills Certificate Course, this course prepares you to complete the Reflexology Association of British Columbia Proficiency exam, or, to register for membership with the Reflexology Association of Canada. It includes 20 hours expert instruction, 40 hours practicum and a 10 hour home study assignment. The course includes: comprehensive course notes plus an audio CD that guides you through a complete foot reflexology session.


Hours: 7:00 – 10.00pm Friday, 9.00am – 6.00pm Saturday & Sunday.  Course Fee: $395 + GST.

Advanced Reflexology: Professional Skills Certificate Course

This 60 hour course prepares you to practice reflexology at a professional level with excellent information to guide you in establishing and building a reflexology practice. Combined with the Basic Foot Reflexology Course, this course prepares you to successfully complete the RABC reflexology proficiency exam to be recognized as an “Approved Practitioner”. The course includes: 20 hours expert instruction, 20 hours practicum, 20 hours assignments. Comprehensive course notes are provided. Pre – requisite: A Basic Reflexology Course.


Hours: 7– 10pm Friday, 9am – 6pm Saturday & Sunday.  Course Fee: $395 + GST.

Basic Holistic Hand Reflexology Certificate Weekend Course

This 70 hour course prepares you to practice hand reflexology competently using the western traditional thumb walking techniques. It includes 20 hours expert instruction, 40 hours practicum and a 10 hour home study assignment. The course includes: Comprehensive course notes.

Dates: 8th, 9th, 10th February 2019.  Hours: 7 – 10pm Friday, 9am – 6pm Saturday & Sunday.  Course Fee: $395 + GST.

Advanced Reflexology: Clinical Skills Certificate Course

Take your practice of reflexology to a whole new level. This 55 hour course prepares you to practice reflexology as a clinical reflexology therapist. The advanced techniques and strategies enable you to address people’s health conditions effectively. This course includes: 20 hours expert instruction, 25 hours practicum, 10 hours home study assignments. Comprehensive course notes provided. Pre – requisite: A Basic Reflexology Course for the feet or hands, or, equivalent.

Dates: 26th, 27th, 28th April 2019.  Hours: 7.00 – 10.00pm Friday, 9.00am – 6.00pm Saturday & Sunday.  Course Fee: $395 + GST.

__________________________________________________________________________________________________
Interested in HANDS-ON TRAINING in an amazing, relaxing natural therapy to help your family / friends?

**Basic Foot Reflexology Course**
$395.00 + GST
3 days - February 23, 24 & April 7, 2019 - 9:30 am - 4:30 pm

Includes:
- 20 hours of instruction & supervised practice of techniques
- Practicum: 10 hours of Foot Reflexology Sessions

There will be a Certificate of Completion issued upon successful completion of practicum, which can be used towards meeting the professional standards of the Reflexology Association of BC (RABC).

Required textbooks:
Reflexology - Health at your fingertips, Barbara & Kevin Kunz
Atlas of the Human Body, Takeo Takahashi

**Intermediate Foot Reflexology Course**
$425.00 + GST

set 1:  3 days - February 3, 17 & March 10, 2019 - 9:30 am - 4:30 pm
set 2:  3 days - April 20, 21 & May 26, 2019 - 9:30 am - 4:30 pm

Includes:
- 20 hours of instruction & supervised practice of techniques
- Practicum: 20 hours of Foot Reflexology Sessions

Foot Reflexology is a natural therapy that recognizes the interconnection of all things. The Intermediate level will practice different Foot Reflexology techniques to proficiency, study different reflex maps, and deepen the understanding of the disease processes of the body as related to the reflexes in the feet, and prepare for professional practice.

There will be a Certificate of Completion issued upon successful completion of the Intermediate practicum, which can be used towards meeting the standards of the Reflexology Association of BC to be recognized as a Reflexology Practitioner.

**Professional Practice Reflexology Course**
$475.00 + GST

3 days - October 14 & 28, 2018 - 9:30 am - 4:30 pm
Day 3 - Date TBD - Follow-up exam prep time as individually/group ready

Includes:
- three days of instruction plus intensive home study / assignment providing 20 hours of instruction & supervised practice of techniques.
- Includes two workbooks and Manuals in prep for RABC exam.
- Practicum: 30 hours of Foot Reflexology sessions

There will be a Certificate of Completion issued upon successful completion of the Professional Practice practicum, which can be used towards meeting the standards of the Reflexology Association of BC to be recognized as a Reflexology Practitioner.

All courses will be taught by Frances Birdsell, Viva Holistic Healing, who is an Approved Reflexologist and Teacher under the provincial body (Reflexology Association of BC) and an RCRT with the Reflexology Association of BC.
Earn C.E. Credits

THE WELLNESS SHOW
Presented by NESTERS MARKET

finding balance
Exhibits, Seminars, Cooking Demos, Prizes & More

February 2 & 3, 2019
Vancouver Convention Centre, West Building

Highlights
So much to see and do!
The Nesters Market Organic Marketplace
Women's Power Panel — Feb 2, 2:00 pm
Traditional Medicinals Tea Lounge
Bodhi Meditation Garden
Table Tennis
NEW! The Chickpea Food Truck

Enter to win! Plus, wellness show swag bags, merchandise prizes and so much more!

www.thewellnessshow.com
event information 604.983.2794

FREE Nesters Market Gift Card
when you pre-register your ticket online

Grand Prizes
Pampered Blind Spot Spa Makeover — Dry & Healthy Hair
Island Spirit Lakeside Lodge — The White Rabbit Internal
EcoTwins — Two Night Alaska Retreat for Two
Sudoku Thai Spa — Ultimate Relaxation Spa Retreat
Long Beach Lodge Resort — Two Night Great Rockies Getaway
Kingfisher Banff Springs Resort & Spa — It's All About You
Sea Mist Resort

Stage Prizes
Celebrity Cooking Stage — Jason Guss, Chef
Healthy Garden Stage — Dr. Tanya Cassaniga from Vancouver College of Phytotherapy for the Environment
Living Well Stage — 5 nights accommodation at Black Rock Oceanfront Resort
Natural Wellness Stage — Reiki Specialist Package
Zen Fitness Stage — Two Registrations to Eastwood Yoga

www.thewellnessshow.com
RABC Approved Practitioner Written and Practical Exam

Date: March 16, 2019

If you are interested, please contact Manuela Kundert
604-785-1556
naturallyhealthy@telus.net
**Reflexology Association of British Columbia**

**Membership Renewal**

Mail to: Membership C/O 683 Kerry Place, North Vancouver, BC V7N 2Y6
Phone 604.438.8235 – Email: enquiry@reflexologyofbc.com – Website: www.reflexologyofbc.com

**January 1st to December 31, 20**

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<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Birthdate</th>
<th>M/F</th>
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<tbody>
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**Address**

**City & Province**  
**Postal Code**

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<thead>
<tr>
<th>Home Phone</th>
<th>Work Phone</th>
<th>Membership No.</th>
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<tbody>
<tr>
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</table>

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**Email Address**

**Website**

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Would you like to be listed on the RABC Website? Yes or No  (circle one)

---

**Please note:** ONLY APPROVED PRACTITIONERS AND APPROVED TEACHERS HAVE DETAILED LISTING ON THE WEBSITE

---

**Change to website information:**

---

**Change of contact information or referrals:**

---

**Newsletter:**  
Electronic (email)  
Paper mail  
(only if no email available)

---

**I agree to adhere to the objectives, code of ethics, code of conduct and constitution and bylaws of the Reflexology Association of BC (RABC), pay the annual dues and provide proof of adequate continuing education credits to maintain my Approved Practitioner or Instructor Status. My signature below allows RABC to email or mail Association information periodically.**

---

Signature: ____________________________  Date: ____________

---

Make E-Transfer or cheque payable to the “Reflexology Association of B.C.” enquiry@reflexologyofbc.com  
Mail cheque with the renewal form to: 683 Kerry Place, North Vancouver, B.C. V7N 2Y6

---

**Office Use:**  
Date Received: ______________________  Amount Received: ____________________

E-Transfer: _______________  Cheque #: _______________  Receipt #: _______________

CE credits collected: _______________  DUES PAID TILL DEC.: _______________

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Distribution: President, Membership, Treasurer, Communications
REFLEXOLOGY ASSOCIATION OF BC
AGM REGISTRATION

Scan & Email to: enquiry@reflexologyofbc.com
OR Mail to 683 Kerry Place, North Vancouver, BC, V7N 2Y6

NAME: ____________________________________________
RABC MEMBER NO.____________________ NON-MEMBER / SPOUSE __________________________
ADRESS: __________________________________________________________________________
EMAIL: __________________________ PHONE: ____________________________________________

50th ANNUAL GENERAL MEETING OF THE RABC MAY, 3, 4, & 5, 2019

Please indicate with a check mark ✔️ if you will be present for the whole event or only part
- Will Stay two nights at Harrison Hot Springs Hotel: __________ extra nights __________
WEEKEND ROOM RENTAL AT HARRISON HOT SPRINGS - two-night minimum rates start at $179.00 per room
CONTACT SALES@HARRISONRESORT.COM 1-800-663-2266 use discount code RABC 50th AGM 2019
Register early with Harrison to save your spot – ONLY 32 rooms on hold for our event till January 31, 2019
Alternate Accommodations are available in the area if you prefer to book elsewhere. __________
If you need a roommate to reduce costs, contact Sabine Gelb at 604-869-3261 __________

Agenda:
Friday 5 pm Registration
Friday 6 – 8 pm meet and greet __________________ RABC member No charge
____________________ Spouse $25.00 Non-RABC Reflexologist $25.00,
Saturday 9 am to noon – Lecture one ____________ Registration 830 am
Saturday Noon to 2 pm – Lunch/ free time or vendor fair or mini lectures __________
Saturday 2pm to 5 pm – Lecture two ____________
Featured Speaker Dr. Carol Samuel, PHD in Reflexology and Pain Management - England, UK
Saturday Fee includes morning snacks and lunch and lecture: __________ RABC member $100.00
________________ Spouse $50.00_____ Non RABC Reflexologist $125.00_________
Sunday 9 am to noon 50th AGM ____________ No charge Registration 830 am
Sunday Noon to 2 pm – Lunch/ free time or vendor fair or mini lectures __________
Sunday 2 pm to 5 pm – Lecture three ____________
Sunday Fee includes morning snacks and lunch and lecture: __________ RABC member $50.00
________________ Spouse $25.00_____ Non RABC Reflexologist $75.00_______
Featured Speaker Cindy Silverlock - Metamorphosis
Any member is welcome to present items for sale or discussion. A free networking table will be available.
RENTAL OF VENDOR FAIR TABLE ____________ $25.00 per table ____________
Total fee due for 50th AGM weekend: __________________________

Please be aware that we are still in the planning stages and our agenda is subject to changes.

Office Use: PAYMENT RECEIVED VIA E-TRANSFER __________ CHEQUE __________________
RECEIPT # ______________ DATE RECEIVED __________________
Thank you for your contribution to Reflexology and the continuing education of the members of the RABC and public.
Categories of Activities Providing Continuing Education Credits (CEC)

1. Learning Activities associated with Reflexology One credit per hour.
   * Attendance at AGM
   * Attendance of a Reflexology workshop
   * Attendance of a Reflexology seminar
   * Attendance of a Reflexology project
   * Attendance of an on-line Reflexology workshop/seminar***
   * (***) On-line workshop/seminars must be pre-approved. The pre-approval process takes 6 weeks. At the end of the 6 week period you will be told whether the course will be approved for CEC. Approval is based on course content and techniques. Please submit all on-line courses to the Education Committee Chair, Chris Shirley, at chrisshirley@pacificreflexology.com or to Examination Chair, Manuela Kundert at naturallyhealthy@telus.net

   Proper documentation of the attendance and successful completion of courses in this category is required.

2. Promotion and Volunteer activities associated with Reflexology One credit per hour.
   * Promotion of RABC in the community (private company wellness fair)
   * Delivery of a Reflexology workshop or seminar at the AGM
   * Delivery of a Reflexology workshop or seminar for the public
   * Volunteer at RABC health shows
   * Volunteer at World Reflexology Week

   Proper documentation of the attendance and/or delivery of seminar required (i.e. signature of event coordinator).

3. Teaching Activities Associated with Reflexology One credit per full day/ 0.5 credit per half day.
   * Teaching a Reflexology workshop/seminar in basic or advanced techniques

   Proper documentation includes copies of student payment receipts for each workshop/seminar as well as a blank copy of certificate which must include course hours.

4. Learning Activities associated with other health and wellness modalities 0.5 credit per hour
   * Attendance at other Health Events
   * Speaker at other Health Events
   * Attendance of other Health Professions Workshop
   * Teaching other Health Professions Workshop
   * Personal Development courses not related to reflexology but MUST enhance your practice of reflexology

   Proper documentation of attendance at these events is required. (i.e. description of course & signature of event coordinator).

5. Other Activities
   * Publication of research in Reflexology – full amount of credits of the 3 years
   * Publication of a Reflexology book - full amount of credits of the 3 years
   * Publication of an article – 5 credits
   * Membership of other Health Organizations - 0.5 credits
   * Board Members – 10 credits per year for attending 8 out of 10 meetings/year or ( 4 out of 5 meetings/year)
   * Committee Members – 5 credits per year or term of committee if less than one year.

Credit Requirements and Documentation

Approved Practitioners: Requirement is 30 credits in 3 years.
Approved Instructors: Requirement is 42 credits in 3 years.
* There is NO maximum number of hours in the period of 3 years. Extra credits are NOT carried forward.
* Credits must be obtained in at least 2 out of the 5 categories. (i.e. volunteer and course)
* You may collect all 30 or 42 credits in one year or you may collect credits in each of the three years following your Approved Status as a Practitioner or Teacher
* Documentation of your credits is required at the end of the third calendar year
* Your Approved Certificate is valid for 3 years. New Certificates or a date stamp will be issued every three years with the renewal of Approved Status as a Practitioner or Teacher.
REPORT
RABC CONTINUING EDUCATION CREDITS (CEC)

Year of Submission: __________

Name:__________________________________________________________________________________

Address:________________________________________________________________________________

Email:__________________________________________________________________________________

Date:___________________________________________________________________________________

Signature

Credits in Total: _________ Year you became an Approved Member ________________

Please write down the date, the title of the workshop or event and the hours attended.

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<th>EVENT/TOPIC</th>
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Attach an additional sheet if necessary.

Instructions:
* All Approved practitioners are responsible for completing this form and submitting the form with their membership dues at the end of the calendar year of your third year anniversary of Approved Status. Copies of the CEC certificates/documentation must be submitted if requested.
* The first 3-year period ends December 31, 2018 – ALL Approved members must submit the total number of credits due to remain as an Approved Practitioner – failure to submit will result in membership changed to Associate Only. Reasonable consideration will be given on an individual basis.
* KEEP the ORIGINAL documents for your own records and submit copies if requested.
The Education/Examination Chair or Membership Director reserves the right to approve or deny any and all submitted continuing education credits.